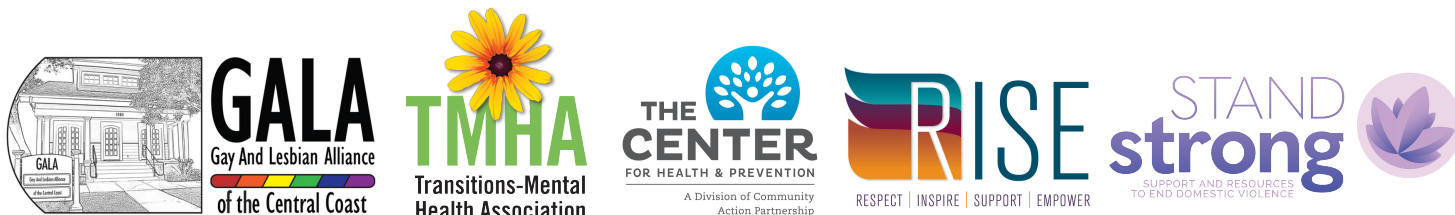


#Out4MentalHealth

Healthy Relationships in LGBTQ Communities

An LGBTQ community member training hosted by:



Come learn what makes a relationship healthy!
By understanding what makes a relationship healthy,
you can better identify risk of violence or coercive behavior.

Wednesday, July 24, 6-8pm

Union Bank Community Room

995 Higuera Street, San Luis Obispo, CA 93401

Register at <http://SLOhealthyrelationships.eventbrite.com>

What will I learn if I attend?

How to identify signs of healthy relationships and unhealthy relationships

How to practice healthy and effective communication skills

How to describe and understand the impact of heterosexism, cissexism, and
homo/bi/transphobia on LGBTQ relationships

How to identify healthy and unhealthy boundaries & ways to create and communicate
personal boundaries

How to identify risk factors for abuse and red flags for intimate partner violence

#Out4MentalHealth is a collaborative program funded by the California Mental Health Services Act (Prop 63) and the Mental Health Services Oversight and Accountability Commission (MHSOAC).



WELLNESS • RECOVERY • RESILIENCE